

ABSTRACT OF THE DISCLOSURE

A control apparatus and a control method for a vibration type driving apparatus are disclosed which can maintain output performance even when low-speed driving is continued for a long time. The vibration type driving apparatus comprises a vibrating body and an electro-mechanical energy conversion element, and a contact body in contact with the vibrating body. By applying a plurality of driving signals to the electro-mechanical energy conversion element to excite a traveling vibration on the vibrating body, the vibrating body and the contact body are relatively moved. The control apparatus and the control method controls the driving signals such that the largest displacement of the traveling vibration fluctuates and a position where the largest displacement reaches the peak is changed in a direction of the relative movement of the vibrating body and the contact body.